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### Happy faces and other rewards

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# HAPPY FACES AND OTHER REWARDS

Different perspectives on a bias away from positive and toward negative information as an underlying mechanism of depression

1. Essentially, all models are wrong, but some are useful. (*George Box & Norman Draper, 1987*)
2. Die Welt des Glücklichen ist eine andere als die des Unglücklichen. (*Ludwig Wittgenstein, 1922*)
3. A relative bias away from positive and toward negative information (low positive bias) during adolescence marks vulnerability to depression. (Chapters 3 & 4)
4. The prospective association between low positive bias and depression is not driven by comorbid disorders, and more by anhedonia than by sadness. (Chapters 3 & 4)
5. Personalized lifestyle advice based on associations between momentary pleasure and lifestyle factors can be used to help adolescents with loss of pleasure to increase their pleasure, but does not weaken their underlying vulnerability of a low positive bias. (Chapter 6)
6. It is important to investigate whether learning to focus more on positive experiences can decrease the risk for depression in adolescents with a low positive bias. (Chapters 4 & 5)
7. A novel and exciting direction for future research is to provide tailored advice in the moment as a means to modify low positive bias in daily life. (Chapter 9)
8. The suggestion that it is possible to measure BDNF in saliva with the currently available commercial ELISA kits largely relies on misinterpretations of noise as valid measurements of BDNF. (Chapter 8)
9. Searching the essence of depression over and above the organization of symptoms is making a category-mistake similar to a foreigner visiting Oxford who is shown the colleges, library, scientific departments, and the administration office and then asks 'But where is the University?' (*example of category-mistake by Gilbert Ryle, 1949*)
10. One-sided testing of a hypothesis in a specific direction is more efficient and leaves less room for outcome reporting bias than the more common two-sided testing of a directional hypothesis.
11. Removing an item about pleasure evoked by the fluffiness of baby chicks from a loss of pleasure questionnaire inevitably results in collateral loss of pleasure in the team developing the questionnaire.
12. By means of philosophy statements are explained, by means of science they are verified (*Moritz Schlick, 1930/31*), which makes a doctorate in philosophy and another in science the ultimate combination.